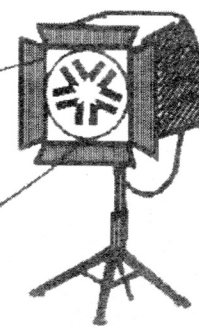


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXVIII, ISSUE 10

A newsletter for D.C. Seniors

October 2012



## EXECUTIVE DIRECTOR'S MESSAGE

*By Dr. John M. Thompson*

In this edition of "Spotlight on Aging," we will focus the discussion on social isolation. According to researcher Dr. Cheryl Svensson, social isolation occurs when someone becomes separated or detached from family, friends, and acquaintances. I am not referring to people who want personal time or space to catch up on their thoughts. Socially isolated people are those who are detached from the human element because of illness, cultural barriers, relocation or diminished physical capacities. Studies have shown that social isolation can lead to increased risk of serious illness and death.

This is a significant topic because we all know of a senior who is socially isolated or who is not that involved in a meaningful way with other people. This reminds me of my mother, who lives in Columbia, S.C. Although my father and brother live in the home with her, I consider her socially isolated for about 95 percent or more of her days. The reason for this is that she spends a great deal of time at home alone.

My brother is always working, and my father is always volunteering. When they both return home in the evenings, my mother is on her way to bed by 8 or 9 p.m. My mother's daily routine consists of going to the gym every morning and returning home to view her Thai Internet program via her laptop computer.

On the other hand, my father serves as a mentor to two youths at different middle schools, a library aide at an elementary school, a peer supporter for heart patients at two hospitals and a library book courier at a nursing home. There is a stark contrast between my mother's and my father's lifestyles.

My mother is content with being at home, so she says, but is that really

bringing joy to her world? My father, on the other hand, finds purpose in his schedule as he says, "I am going to do the Lord's work." He finds joy and satisfaction in helping others while noticing the value that he adds to the community.

In sharing this story, I would like to challenge our readers this month to think about those who may appear to be socially isolated for the majority of their days. If they are socially isolated, then they may not be as active as someone who has a productive routine. This person that I am talking about may be you.

Look for the following warning signs of a socially isolated person: one who eliminates social activities once enjoyed due to illness or after experiencing some kind of loss to remain at home; one who frequently complains that things will never be the way they once were; one who is always tired regardless of the number of hours slept each day; one who allows physical appearance to prevent him/her from accepting invitations to social outings.

If you or someone that you know can identify with one or more of these symptoms, please contact the D.C. Office on Aging at 202-724-5622. We welcome the opportunity to serve you through our many programs, such as the wellness and nutrition programs, which could add a vibrant social component to your life.

If you would like to give back to your community in a meaningful way, we encourage you to serve as a D.C. Office on Aging Ambassador. This would give you a chance to apply your passion and skills in helping seniors, persons with disabilities and family caregivers. Above all, we want to do all we can to support healthy lifestyles and enhance the quality of lives for our seniors.

## Delegation Visits from China



The Office on Aging recently hosted the 25-member All-China Women's Federation Delegation. Through an interpreter, the groups shared information on D.C. Office on Aging-funded programs, services and policies on the elderly and elder abuse. The participants were also able to tour the new Hayes Senior Wellness Center, which is currently open. Pictured from left to right: Denise Moreno, DCOA Manager; a member of the delegation; Veronica Butler, special assistant; John M. Thompson, Ph.D., FAAMA, executive director, DCOA; and Camile Williams, chief of staff DCOA.

## District Selects Grantees For Ward 4 Center and Senior Operations

*Aging, transportation services and wellness center operations will continue with no interruption to consumers*

The D.C. Office on Aging announces the grant awards to lead services for senior citizens and operate the Hattie Holmes Senior Wellness Center in Ward 4. Services will begin on Oct. 1.

An independent panel of reviewers has selected TERRIFIC, Inc. to lead services for District residents age 60 and older. TERRIFIC, Inc. currently leads services for seniors in Ward 1. Lead agency services include case management, counseling, congregate and home-delivered meals and transportation.

VIDA Senior Services was selected to operate the Hattie Holmes Senior Wellness Center, located at 324 Kennedy St. NW. VIDA Senior Services currently operates the only Latino senior center in the District of Columbia. Wellness centers provide services including wellness and health promotion, disease prevention, medication management and other services that promote healthy lifestyles for senior citizens.

"I am pleased with the recommendation of

the external review panel and feel confident that TERRIFIC, Inc. and VIDA Senior Services will provide an excellent core of programs to assist senior residents in Ward 4 and participants of the senior wellness center," said John M. Thompson, Ph.D., FAAMA, executive director, D.C. Office on Aging.

The Washington Elderly Handicapped Transportation System (WEHTS) will be operated by Seabury Resources for the Aging temporarily until a Request for Application (RFA) can be released to identify a permanent solution.

"DCOA would like to thank Barney Neighborhood House, who has operated programs for senior citizens as part of the D.C. Office on Aging Senior Service Network for more than 30 years. Barney formerly operated the lead agency, wellness center and the transportation program for older residents. We wish them continued success as they serve residents of the District," added Thompson.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR



## D.C. OFFICE ON AGING NEWSLETTER

# What You Need to Know About Voting

The Office on Aging hosted the D.C. Board of Elections and Ethics Volunteers for National Voter Registration Day at their offices. Persons interested in finding out their registration status were assisted. Information was also available on Early Voting, Absentee Ballot information and Neighborhood Polling Locations.

## Election Day: Nov. 6 Presidential General Election Chairman of the Council Special Election

### Important Deadlines

Register or update your address online at [www.dcboee.org](http://www.dcboee.org). The deadline for registration by mail is Tuesday, Oct. 9. Register at the DCBOEE office until 5 p.m. on Oct. 19.

Confirm your polling place. Many locations have changed due to redistricting. It is important to know your Ward, Advisory Neighborhood Commission or Single Member District (ANC/SMD).

Absentee ballots must be requested by Oct. 30. Once received, absentee ballots must be signed and re-

turned by election date, Nov. 6.

### Early Voting

Early voting will take place from Saturday, Oct. 27 to Saturday, Nov. 3. Satellite locations available in each Ward of the city.

#### Ward 1

Columbia Heights Community Center  
1480 Girard St. NW, 20009  
(touch screen voting only)

#### Ward 2

One Judiciary Square  
441 4th St. NW, 20001  
(touch screen, paper ballot)

#### Ward 3

Chevy Chase Community Center  
5601 Connecticut Ave. NW 20015  
(touch screen voting only)

#### Ward 4

Takoma Community Center  
300 Van Buren St. NW, 20012  
(touch screen voting only)

#### Ward 5

Turkey Thicket Recreation Center

1100 Michigan Ave. NW, 20017  
(touch screen voting only)

#### Ward 6

King Greenleaf Recreation Center  
201 N St. SW, 20024  
(touch screen voting only)

#### Ward 7

Dorothy Height/Benning Library  
3935 Benning Rd, NE, 20019  
(touch screen voting only)

#### Ward 8

Southeast Tennis and Learning Center  
701 Mississippi Ave. SE 20032  
(touch screen voting only)  
Services for Voters with Disabilities Available

The Board also provides election services for voters with specific needs. Contact the Board at 202-727-2525 for more information.

For more information, call DC Board of Elections, 441 4th St. NW, Suite 250 North, 8:30 a.m. – 4:45 p.m., 202-727-2525, [www.dcboee.org](http://www.dcboee.org), twitter @dcboee.org, Facebook.com /DCBOEE.

## D.C. Commission on Aging Members

Elections were held for the D.C. Commission on Aging, and the following is a listing of the new officers and a complete list of its members:

Romaine Thomas, Chairperson  
Commissioner of Ward 5  
Ron Swanda, Vice Chairperson  
Commissioner of Ward 6  
Alethea W. Campbell  
Commissioner of Ward 8  
Don Colodny  
Commissioner of Ward 6  
Constance L. Fields  
Commissioner of Ward 5  
Elfrida R. Foy  
Commissioner of Ward 7  
Charles Hicks  
Commissioner of Ward 6  
Samuel E. McCoy  
Commissioner of Ward 4  
Ruth G. Nadel  
Commissioner of Ward 3  
Dwan Tai  
Commissioner of Ward 2  
Shirley C. Thorne  
Commissioner of Ward 8  
Brenda T. Williams  
Commissioner of Ward 1  
Nathaniel A. Wilson  
Commissioner of Ward 3

## Avoid the FLU

## Get the SHOT!

### FREE Flu Shots for Senior Citizens

Flu shots are available each day between 10 AM and 2 PM.  
Check the list below to find the location nearest you:

#### OCTOBER

**Monday, October 1, 2012**  
Oasis – Family Matters Services for the  
Aging Homeless Center  
1226 Vermont Avenue, NW

**Wednesday, October 3, 2012**  
Robert L. Walker House  
2201 Savannah Street, SE

**Thursday, October 4, 2012**  
Paul Lawrence Dunbar  
Campbell Heights  
2001 15<sup>th</sup> St. NW

**Tuesday, October 9, 2012**  
Claridge Towers  
1221 M Street, NW

**Monday, October 15, 2012**  
Fort Lincoln One  
2855 Bladensburg Road, NE

**Tuesday, October 16, 2012**  
Vida Senior Center  
1842 Calvert Street, NW

**Friday, October 19, 2012**  
Edgewood Terrace  
Congregate Meal Center  
635 Edgewood Street, NE

**Monday, October 22, 2012**  
Behrend Adas Senior Fellowship  
2850 Quebec Street, NW

**Tuesday, October 23, 2012**  
Hayes Senior Wellness Center  
500 K Street, NE

**Monday, October 29, 2012**  
Delta Towers  
1400 Florida Avenue, NE



Sponsored by the District of Columbia Office on Aging

Government of the District of Columbia  
Vincent C. Gray, Mayor



## OPEN HOUSE AND MEET & GREET!



**10 AM - 2 PM**  
**Thursday, October 11, 2012**  
**500 K Street, NE**  
**Washington, D.C. 20002**

## HAYES SENIOR WELLNESS CENTER

Join us and learn about the health and wellness activities now available to seniors at the Hayes Senior Wellness Center. Tour our facility and take part in fitness demonstrations and health workshops. Light refreshments will be served.

### Now Available to Seniors:

- Walking Club
- Basic Fitness Training
- Chair Exercise
- Stretch & Tone
- Weight Training
- Health Assessments
- Wellness Dialogues
- Art & Music Therapy

## HAYES SENIOR WELLNESS CENTER

**500 K Street, NE**  
**Washington, D.C. 20002**  
**(202) 727-0357**



Services provided courtesy of  
Howard University Hospital



Part of the Senior Service Network  
supported by the D.C. Office on Aging

# Community Calendar

## October events

### 4th • 11:30 a.m. to 1 p.m.

Attend a diabetic care workshop at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-581-9355.

### 9th • 11 a.m.

All Ward 5 nutrition sites will take part in Breast Cancer Awareness Day. For more information, call Vivian Grayton at 202-529-8701.

### 10th • 10 a.m. to 3 p.m.

Arm yourself with resources and information at the 2012 Mayor's Annual Disability Awareness Expo at the Martin Luther King, Jr. Library, 901 G St. NW. Register at [www.2012dcdae.eventbrite.com](http://www.2012dcdae.eventbrite.com).

### 16th • 11 a.m.

Edgewood Terrace Senior Nutrition Site will hold

an "Ask the Doctor" session on obesity. The seminar will be held at 635 Edgewood St. NE. For more information, call 202-581-9355.

### 17th • 10 a.m. to 2 p.m.

The Hayes School Senior Wellness Center will have a breast health awareness day. The center is located at 500 K St. NE. For more information, call 202-727-0357.

### 17th • 10 a.m. to 2 p.m.

Learn about minimally invasive vascular screening at Hattie Holmes Senior Wellness Center, 304 Kennedy St. NW. For more information, call 202-291-6170.

### 18th • 1 to 2 p.m.

The D.C. Retired Teachers Association will have a membership meeting. The guest speaker will be Dr. John M. Thompson, director of the D.C. Office on

Aging. The meeting will be held at the 19th Street Baptist Church, 4606 16th St. NW.

### 25th • 11:30 a.m. to 1 p.m.

Learn how to stay safe by taking a "Protect Yourself" workshop from members of the Metropolitan Police Dept. at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-581-9355.

### 26th+ • 1 to 2:30 p.m.

In a class at Iona Senior Services called "Sing Your Story," teacher Lynne Feingold will guide you through yoga-like movement to warm up your creative juices and let your stories and songs flow. Beginners welcome. Classes meet for six weeks (no class Nov. 23). The fee is \$90. Iona is located at 4152 Albemarle St. NW. For more information or to register, call 202-895-9448 or see [www.iona.org](http://www.iona.org).

## Review Your Medicare Plan

The Medicare Open Enrollment Period for 2013 is coming up soon.

Throughout the year, Medicare has different enrollment periods. The Open Enrollment Period, or OEP, is the timeframe during which Medicare beneficiaries (people with Medicare) can make changes to their Medicare plans.

This year's OEP will take place Oct. 15 through Dec. 7. Any changes you make to your Medicare plan during this period go into effect on Jan. 1, 2013.

For more information or help in making your decision, call the Health Insurance Counseling Project at 202-739-0668.

## SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the *Beacon* is not endorsed by the D.C. Office on Aging or by the publisher.

500 K St., N.E.,  
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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, mari-

tal status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

**The Office on Aging is  
in partnership with the  
District of Columbia  
Recycling Program.**



## Our Members Prefer Old-School Classics!

The **Office on Aging Ambassador Program** is a FREE, interactive, member-based program designed to reach out to older adults and/or their caregivers to help them learn about the services and resources available to them through the D.C. Office on Aging.

If you are interested in expanding your network and educating older adults about the services and resources available to them, join us for our next **Ambassador Training Workshop** to learn about all of the programs and services that the **Office on Aging** offers to the community and how you can become an Ambassador.

### Upcoming Ambassador Training Workshops:

Wednesday, October 17, 2012	9:00 a.m. - 12 noon
Wednesday, October 24, 2012	9:00 a.m. - 12 noon
Wednesday, November 14, 2012	9:00 a.m. - 12 noon
Wednesday, December 12, 2012	9:00 a.m. - 12 noon

All workshops are held in the D.C. Office on Aging Headquarters and include: an overview of Office on Aging programs and services, information on how to access resources, and guidance on your role as an advocate.



**D.C. Office on Aging**

**500 K Street, NE • Washington, D.C. 20002**

To register and for more information, call (202) 724-5622

